

Blue Ravine News

YOUR PET'S HEALTH IS OUR CONCERN

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Blue Ravine's Holiday Open House December 6th, 2 p.m. to 6 p.m.

Celebrating Christmas with our clients is a special opportunity for our staff and all our clients to share some fun, have some wonderful food including special snacks and desserts, and to communicate about what's new and exciting at Blue Ravine. Our staff is eager to share our hospital with you and your pets.



And...guess who's coming to town? That's right, Santa Paws is making a special trip before his round-the-world Christmas event to visit us and take some photos with your pets. Please call ahead to make arrangements with our staff for your special Christmas photo appointment — spots fill up fast!

Remember the date! We hope to see you and your pet on December 6th. We value your loyalty, kindness and trust.

— the Staff at Blue Ravine Animal Hospital

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Seven Winter Holiday Pet Hazards

While pet owners should always be on the lookout for potentially poisonous items around the house, the winter holidays bring about unique hazards. Toss in the introduction of bustling parties, visiting houseguests, and a lack of pet supervision and it's clear that pet owners should be particularly careful during this time of year.

What common household hazards should pet owners look out for this holiday season?

1. CHOCOLATE

The ASPCA Animal Poison Control Center receives more calls about chocolate than any other agent. Keep candy bars, snack mixes, chocolate desserts (brownies, cakes, and cookies), and baking goods such as chocolate chips and cocoa powder out of a pet's reach. With low doses of chocolate, only mild gastrointestinal (GI) upset is observed. At cardiotoxic doses, more severe signs such as tachycardia, tachypnea, hyperthermia, cardiac arrhythmias, tremors, and seizures can develop.



2. GRAPES AND RAISINS

Grapes, raisins, and zante currants belong to the genus *Vitis*, and ingestion can result in acute renal injury in dogs. Vomiting is common within the first 24 hours, followed by diarrhea, anorexia, lethargy, and abdominal pain.



3. PLANTS

Holiday plants make your home festive, but several of them can cause harm, including Christmas cactus, evergreen trees, holly, mistletoe, poinsettias, amaryllis, and Christmas kalanchoe. Exposures to Christmas cactus, evergreen trees, holly, mistletoe, and poinsettias commonly result in GI upset, but are unlikely to cause serious toxicosis. Amaryllis and Christmas kalanchoe can cause more serious signs, depending on the part of the plant the pet is exposed to and the amount ingested.

4. TINSEL AND GLASS ORNAMENTS

Tinsel is thin and sharp and can easily wrap itself around the intestines or ball up in the stomach once ingested, and glass ornaments can cause perforations and lacerations to pets that chew on them. Cats are especially drawn to sparkly things, so if you have a curious feline in the house, skip putting shiny tinsel on Christmas trees and stick to non-breakable ornaments.



5. XYLITOL

This sugar substitute is found in some sugar-free candies, gum, and recipes. When ingested by a dog or cat, xylitol may cause vomiting, loss of coordination, seizures, and in severe cases, liver failure.

6. ELECTRICAL CORDS

When curious puppies and kittens chew on electrical cords they can receive an electrical shock, so place them out of your pet's reach, tape them down, or cover them in protective casing.

7. MEDICATIONS

Make sure bags containing prescription medications are not placed where your pets can access them. Even over-the-counter medications can be dangerous to pets.



If you think your pet has ingested anything that's harmful, call us (916-984-0990) or the ASPCA Poison Control (888-426-4435) right away.

While you enjoy your holiday feast, surprise your pet with a safe new chew toy!



Having Fun When It's Too Cold Outside

In nice weather, you and your pet may enjoy walks, runs or other exercise outside. Here are some tips to keep your pet exercising and at a healthy weight when winter is here.

Keep Those Legs Running

Winter is a time to keep to your shared regimen, but be smart. After dark, you can't go throwing frisbees in the park or taking a swim in the lake. And it could be too cold. Some cities have indoor gyms with dog-friendly spots for a warm run-around. Or you can turn your own house into a mini-gym with a game of fetch up and down the hall—or up and down the stairs—or a mini-obstacle course in the basement. For cats, dig up those feather toys and post-holiday boxes and go crazy.

DYK? Looks Like Hibernation

Our activity levels are dramatically affected by shortened daylight hours. If you get home and it's dark, you and your dog may be less inclined to wait to go out for that walk. "I should be in a cave resting and staying warm."

Cut Calories

It's OK in winter to get a little less exercise, but to maintain a healthy weight you need to watch your dinner plate—and your pet's food bowl. Check with your veterinarian about calculating the right amount of food for winter. And watch the holiday treats you give your cat or dog—stick to crunchy vegetables, meat and fish, instead of sugar-filled or high-carb snacks.



Big Changes

Real physiological changes happen in a cat's or dog's body in the winter. Metabolism slows down to store energy more effectively and efficiently than in spring or summer. Winter is the time our bodies store more energy as fat.

Pause for Paws

If it's particularly cold, your dog needs protective clothing (just like you): dog coats as well as booties to protect paws. Yes, your cat or dog has fur, but they've adjusted to the same environment you have with controlled indoor temperatures. They're not ready for below-freezing temperatures any more than you are.



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Yum!
Goodies for us



Peanut Butter & Pumpkin Puffs for Pups

Ingredients

2 1/2 cups whole wheat flour	1/2 teaspoon. salt
2 large eggs	1/2 teaspoon ground cinnamon
1/2 cup canned pumpkin	1 teaspoon water (more if needed)
2 tablespoons peanut butter	

Directions

- Preheat oven to 350 degrees.
- Combine flour, eggs, pumpkin, peanut butter, salt and cinnamon in a bowl; stir with a spatula until combined.
- Transfer mixture to a work surface and work it with your hands until mixture starts to come together. Add 1 teaspoon water at a time (only if needed) to help make the dough workable but don't add too much as it should be dry and stiff.
- Roll the dough to a thickness of 1/2 inch.
- Cut into 1/2 inch pieces and transfer to a baking sheet.
- Bake in the preheated oven until dog treats are golden brown and crunchy, about 40 minutes.
- Let cool before serving to your dog!

Tasty Tuna Treats for Cats

Ingredients

6 ounces undrained tuna	1 egg
1 cup flour	2 tablespoons water
1 cup cornmeal	

Directions

- Preheat oven to 350 degrees.
- Place all ingredients into mixing bowl, stir well until soft dough forms.
- Let dough rest for 10 minutes.
- Cover large surface with cornmeal and roll dough out until 1/4 inch thick.
- Use either a small cookie cutter or knife to cut into shapes.
- Place on parchment paper-lined cookie sheet and bake for 15-20 minutes.
- Let cool and serve to kitty!

BLUE RAVINE OFFICE HOURS

Office hours: Monday through Friday, 7:00 am to 6:00 pm; Saturday, 8:00 am to 5:00 pm; Sunday, closed.
For emergencies outside regular office hours, please call MarQueen Pet Emergency & Specialty, 916 757-6600
or Sacramento Veterinary Referral Center, 916 362-3111.

www.blueravineanimalhospital.com

Christmas Coupon

Come to Blue Ravine's December 6th Christmas Open House. Santa Paws is making a special stop just for us! Bring your furry friends for festive fun, yummy treats, a goody bag, and an adorable free photo that you'll treasure fur-ever.

Can't wait to see you!

Call the front desk during business hours to schedule your Santa Paws photo time — spots fill up fast!

916 984-0990

We look forward to seeing you!
Happy Holidays!



BLUE RAVINE ANIMAL HOSPITAL
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